

How to Record a Video: Do's and Don'ts

1

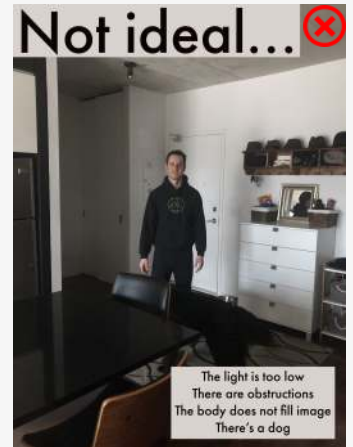
Choose a well lit space without glare from windows or lights.

2

Wear light coloured clothes. Avoid black, navy, dark green etc.

3

Perform 5-10 repetitions that are not limited by pain or fatigue.



4

Film free standing exercises from 4 angles: front view, rear view, and both sides.

5

Your entire body from head-to-toe should be in the shot and remain obstruction free.

6

Include and overhead angle if you are filming an exercise performed lying on a bench, a stability ball, or the floor.



7

Shoot any lower body exercises barefoot.

8

Techniques should be done at bodyweight, with an empty bar for barbell exercises, or very light kettlebells/dumbbells for those exercise that require a heavy implement.

9

The exercise should not be a major challenge to perform as you are required to do at least 4 sets of 5-10 repetitions with 1-2 min of rest in between sets.



10

A second review session including a heavy lift may be offered in the future.